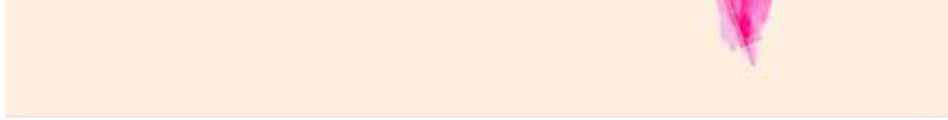


THE ULTIMATE GUIDE TO
Ramadan



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OBLIGATION OF FASTING RAMADAN

Praise be to Allāh, the Lord of the worlds. May Allāh raise the rank of Prophet Muhammad, ﷺ his Al and Companions, and protect his nation from that which he fears for it.

Fasting the month of Ramadan became an obligation upon the Muslims in the second year after the Prophetic immigration. The obligation on the believers to fast Ramadan is known from both the Quran and Hadith. It was explicitly stated in Verse 183 of Al-Baqarah:

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

It means: {O believers, Fasting is an obligation upon you as it was ordained upon the Muslim nations before you to help you become pious.}

Fasting was an obligation upon the nations before the nation of Prophet Muhammad. ﷺ However, it was specified to fast in this particular month only for the nation of Prophet Muhammad. Ramadan is the ninth month of the year. Fasting is a great worship and it is among the best acts of obedience. In Fasting there is great reward. Imām al-Bukhārīyy related the Qudsiyy ḥadith that the Prophet ﷺ said that Allāh said:

كُلُّ عَمَلٍ ابْنِ آدَمَ يضاعفُ الحسنَةُ عشرُ أمثالها إلى سبعمائة ضعفٍ قالَ اللهُ عزَّ وجلَّ إلَّا الصَّوْمَ. فَإِنَّهُ لِي وَأَنَا أَجْزِي بِهِ ه

It means: {The reward of every good deed is multiplied from ten to seven hundred times. However, the reward for Fasting, done in sincerity will be multiplied by as many times as Allāh wills: i.e. more than 700 times.}

On the day of judgment, those who used to fast in obedience to Allāh will be called to enter Paradise through one of the doors specified for them. This door is called Ar-Rayyān, it is only open to those Muslims who fasted in

this world; after they enter, Ar-Rayyan will be closed and no one else will enter through it.

After bearing witness that no one is God except Allāh and Muhammad ﷺ is the Messenger of Allāh, one must perform the obligatory prayers (*Salah*), fast in Ramadan, pay *Zakaḥ* (charity), and perform Pilgrimage if able. If one has learned this, however renounces the obligation of fasting Ramadan, they will blaspheme. This is one example of the importance of fasting Ramadan.

HOW TO DETERMINE THE BEGINNING OF RAMADAN

In order for you to fulfill your obligation of fasting in the month of Ramadan, one of two matters must occur. Either the sighting of the crescent of Ramadan after the sunset on the 29th of Sha[^]ban or if the crescent is not sighted then completing 30 days of Sha[^]ban. This is taken from the hadith of the Prophet ﷺ related by al-Bukhariyy and Muslim:

لَا تَقْدَمُوا رَمَضَانَ يَوْمٍ أَوْ يَوْمَيْنِ صُومُوا لِرُؤْيَيْهِ وَأَفْطِرُوا لِرُؤْيَيْهِ فَإِنْ غُمَّ عَلَيْكُمْ فَأَكْمِلُوا عِدَّةَ شَعْبَانَ ثَلَاثِينَ يَوْمًا

It means: {Do not fast one or two days before Ramadan. Start the month when you see the crescent, and end it when you see the crescent. If you are blocked from seeing it, then complete thirty days of Sha[^]ban.}

INTEGRALS OF FASTING

The integrals of fasting Ramadan are two:

1. To make the intention EACH night to fast the following day of Ramadan.
2. To abstain from inserting any substance into the body cavities through an open inlet with the exception of your pure saliva while it is still in your mouth. To also abstain from sexual intercourse, masturbation, inducing vomit and apostasy.

The open inlets being referred to are the mouth, nose, anus and vagina.

WHO IS OBLIGATED TO FAST?

The conditions are, you must be a Muslim, pubescent and sane. However, if a person fulfills these but their body cannot tolerate fasting either due to old age or severe illness where they may be harmed if they fast, then they are

excused. If fasting can worsen your illness or you may possibly die from it, then it is prohibited for you to fast. In such case, you are required to pay an expiation to a poor Muslim for every day of fasting you miss. You can pay it to the same person or to a different person each day.

The expiation is to fill a pair of average size hands cupped together with the staple food of that country. For instance, in Australia it is wheat.

10 TIPS TO REACH SPIRITUAL DEVELOPMENT FOR RAMADAN

1. Seek knowledge about Ramadan

The simple fact that you purchased this eBook shows me that you are invested in your development and success. This will help you ensure you do things correctly for Ramadan and in return multiplying your rewards In Sha Allah.

2. Make a Ramadan plan

Again, following the suggestions and plans put together in this eBook will assist you to make a list of goals you would like to achieve in the month and then how you will work on achieving these goals. It is important your goals are realistic and that you realize your life does not need to take an entirely different road in one month but instead you start implementing changes before Ramadan begins in order to set yourself up for success.

3. Know your life

Be wary of other things that are happening in the month or shortly before it that can affect the quality of your worship. Do you have exams during Ramadan? Moving house or any other obligations, if so, plan accordingly for these events prior to the month of Ramadan. If you've got exams or travel plans, schedule ahead. The last thing you want to do is spend Ramadan distracted with other worldly commitments. Prepare ahead for even Eid presents etc.

4. Prepare spiritually

We all know that Ramadan is about fasting, praying, reciting and reflecting on the Quran and giving in charity. Start these worships/habits early; do not expect to just switch into it as soon as the first day of Ramadan commences. Get in the habit of praying extra prayers from now, revise and regularly read/reflect on the Quran now, get used to being generous and following the Sunnah of our Prophet Muhammad [S.A.W] now. A great way to get yourself in the habit of fasting is to fast Mondays and Thursdays just as our beloved Prophet used to do. Before Ramadan starts, ensure that you fast any days you have missed that you need to make-up from the previous Ramadan. You can also start fasting during Sha[^]ban.

5. Prepare your mind

Fasting is to refrain from more than just what we consume with our mouth. Start working on your patience; be extra vigilant with your conversations: ensure you are not backbiting, slandering or talking about things that are unbecoming of a God-fearing Muslim.

6. Say goodbye to bad habits

Identify and target the bad habits you have acquired and begin tackling them in order to have a smooth, effective and beneficial Ramadan. If you sleep late, fix your sleep schedule. If you are a social media junky, start cutting down the time you spend on your devices. Have a coffee addiction? Find a healthier alternative. Etc etc. These might sound much easier said than done, but I know from experience that once you commit, purify your intentions and make sincere [*duas*](#) for guidance then In Sha [Allah](#) these bad habits will be easier to overcome and make way to form better, healthier habits that benefit you.

7. Plan your life around your worship

For instance; instead of working through your prayer etc, take your break at a time that is close to prayer times. I always plan to have a break at prayer time, even if this means you do not have as much time eating. At least you will be spiritually fulfilled by praying and slowing down for five minutes. Do not take your phone with you to the place you pray instead forget the world as you submit yourself to the Almighty Allāh.

8. Spiritual development

Mindfully and purposefully invest time in your spiritual development every single day. Do not let a day go by without reading the Quran, giving *sadaqah* (does not have to be money, you can donate your time to help someone), and attending religious lessons to increase your knowledge.

9. Chores!

Doing daily chores within your home, like the famous saying goes “charity begins at home”. Assign simple tasks and chores to young siblings or your children while you get the bigger duties done. Everyone should be working together and always making the intention that you are doing it for the sake of Allāh and In Sha Allāh you will be rewarded for your efforts. Also remember to take breaks, maybe a quiet time to just sit alone and read or take a power nap to be energised to face the rest of your day.

10. Don't lose momentum - At the end of your day, put your focus on what you can do to improve tomorrow and plan for tomorrow's most important tasks.

Our Master Prophet Muhammad ﷺ said: {“Ramadan is the month, whose beginning is mercy, its middle, forgiveness and its end, protection from hell fire”}

Before you start the month, I would like for you implement some of the special *Duas* and *Quranic* verses during the first, second and third parts of the month. This way you are utilizing the benefits and In'Sha'Allah you will be rewarded for it.

First 10 days of Ramadan - Mercy

First ten days of Ramadan are the days of Mercy and blessing and every Muslim must seek the Mercy and Blessings of Allah. Read/memorise with a teacher this verse from Chapter (23) Surah Mu'minun (The Believers).

Here is the special verse that you can recite in the first ten days:

وَقُلْ رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِيمِينَ

Translation: And say, “My Lord, forgive and have mercy, for You are the Best of the merciful.”

Use this collection of 30 entries to document your daily worship, achievements and spiritual development. Write either a 😊 or 😞 next to each act of worship to indicate whether you did the following. At the end of 10 days you will have the opportunity to reflect on your performance for those 10 days using the daily journal. Be sure to write how you went and what/how you can improve for each day.

PRAYERS	FASTING	GOOD DEED
1. FAJR DHUHUR ASR MAGHRIB ISHA TARAWIH	{WRITE IF YOU ARE FASTING TODAY}	DONATION COOKING/CLEANING HELPED SOMEONE
2. FAJR DHUHUR ASR MAGHRIB ISHA TARAWIH		DONATION COOKING/CLEANING HELPED SOMEONE
3. FAJR DHUHUR ASR MAGHRIB ISHA TARAWIH		DONATION COOKING/CLEANING HELPED SOMEONE
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Give yourself 5 minutes each day to journal your progress and any feelings or thoughts associated with the day. Do not discredit your hard work even if it may seem as though it's a small achievement to you, it is still an achievement so be proud! Make sure you make the intention to fast tomorrow and complete all activities with sincere intentions and hard work. (Deduct accordingly as well). Aim to do all the tasks each day! Don't lose momentum!

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

**CONGRATULATION! You have completed the first 10 day of
Ramadan! I wish you success and that Allah ta^ala rewards you**

greatly. Now, let's begin to prepare you for the following ten days! But first, complete the following reflection. 😊

How was the first 10 days?	What can you do to improve the following 10 days?
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Second 10 days of Ramadan - Forgiveness

The second ten days of Ramadan are from day 11th to day 20th, consisting of the days which Allāh gives forgiveness to the Muslims who seek for it from Allah the Almighty and show regret for all their sins.

As we are created weak and are likely to make mistakes and commit sins, Allāh has allowed us to seek forgiveness. Forgiveness is a very important aspect in Islam. By constantly turning to Allah for forgiveness of our sins, we learn humility. Our Creator repeatedly tells His creation to repent so that they may be forgiven.

There are numerous verses in the Quran about the importance of asking for forgiveness from Allah. For instance, in the Chapter about Noah A.S, Allah describes the remarkable benefits of Astagfar {*Astaghfar* means seeking forgiveness from Allah for the sins one committed and turning to Allah for repentance}.

"And seek forgiveness of Allah. Indeed, Allah is ever Forgiving and Merciful". (Surat An-Nisa 4:106)

"And whoever does a wrong or wrongs himself but then seeks forgiveness of Allah will find Allah Forgiving and Merciful". (Surah An-Nisa 4:110)

Another *Dua* {supplication} to constantly use during the second 10 days is:

Translation: "I ask forgiveness of my sins from Allah who is my Lord and I turn towards Him."

PRAYERS	FAST	GOOD DEEDS
11. FAJR DHUHUR ASR MAGHRIB ISHA TARAWIH	{WRITE IF YOU ARE FASTING TODAY}	DONATION COOKING/CLEANING HELPED SOMEONE
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all activities with sincere intentions and hard work. (Deduct accordingly as well). Aim to do all the tasks each day! Don't lose momentum!

DAY 11

DAY 12

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DAY 13

DAY 14

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DAY 15

DAY 16

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DAY 17

DAY 18

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DAY 19

DAY 20

CONGRATULATION! You have completed the second 10 day of Ramadan! I wish you success and that Allah ta^ala rewards you greatly. Now, let's begin to prepare you for the following ten days! But first, complete the following reflection. 😊

How was the second 10 days?	What can you do to improve the following 10 days?
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The third and last 10 days of Ramadan - Safety from Hellfire

The third 10 days starts from 21st Ramadan and ends 29th or 30th of Ramadan depending on the moon. These final days are known for seeking safety and protection in Allah Almighty from Hell fire. Every Muslim must sincerely ask that he/she is provided with safety from Hell fire. The Last 10 days are very important and have a superiority as Lailatul Qadar falls in these last days.

Lailatul Qadr is known as the Night of Power, marking the night in which the Qur'an was first revealed to the Prophet Muhammad ﷺ by Allah. This is regarded as the most important event in history, and the Qur'an says that this night is better than a thousand months.

The last 10 days is also when Muslims practice *Aitkaf* (seclusion for prayers) and try to maximize their worship and prayers in hopes that Allah protects them from the punishment of Hell fire.

PRAYERS	FAST	GOOD DEED
21. FAJR DHUHUR ASR MAGHRIB ISHA TARAWIH	{WRITE IF YOU ARE FASTING TODAY}	DONATION COOKING/CLEANING HELPED SOMEONE
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DAY 21

DAY 22

DAY 23

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

DAY 29

DAY 30

CONGRATULATION! You have completed the last 10 day of Ramadan! I wish you success and that Allah ta^ala rewards you greatly. Now, complete the following reflection. 😊

How was the first 10 days?

What can you do to improve the following 10 days?

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Enjoy the celebrations of Eid with your loved ones! Continue to use the ideas you have learnt and the good habits you have built through-out the rest of your year.

Journaling is a technique you will immensely benefit from as it can evoke spirituality, intentional habits, mindfulness and gratitude in your life. It helps you remain present while keeping perspective in a busy, noisy world. It presents an opportunity for catharsis which helps the brain regulate emotions and anxiety. It provides a greater sense of confidence and self-awareness because you have the chance to clarify your thoughts and feelings. Therefore, reducing stress as you are solving problems more effectively.

Another technique you must always implement is to schedule your day around Salah instead of the other way around. This will 100% increase the Barakah (blessings) into your life.